

Recipes



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Spinach Salad with Sesame-Peanut Dressing from: "The Perennial Political Palate by The Bloodroot Collective"

1/2 cup peanut butter (without added sweeteners) 2 teaspoons honey

1 Tablespoon white miso 1 Tablespoon dark sesame oil

1 Tablespoon tomato paste 2 Tablespoons soy sauce

1 Tablespoon mirin or rice vinegar 3 Tablespoons sesame seeds

1-2 small red onions

1.) In a food processor combine: peanut butter, honey, white miso, sesame oil, tomato paste, soy sauce and mirin or rice vinegar. Don't turn machine on yet.

2.) Bring 1 cup water to a boil.

3.) Turn processor on, gradually adding the water. Process until well mixed. Correct seasoning. Refrigerate.

4.) In a 300* toaster oven, brown the sesame seeds lightly. Set aside.

5.) Prepare a bed of well washed young spinach leaves. Ladle dressing over spinach. Add slices of red onion and sprinkle with sesame seeds. Hard-boiled egg slices are an optional garnish, but not necessary to this salad